

ONE MIND, ONE BREATH- MINDFULNESS AND MEDITATION

The Foxborough Council on Aging and Human Services is sponsoring a free 6-week mindful movement and meditation workshop. The workshops will be led by Dr. Sang Kim and will be held every Wednesday from September 30th through November 4th from 4:30 to 5:30 p.m. in the gym at the John J. Ahern Middle School, 111 Mechanic Street. Dr. Kim is recognized as a top martial arts master by his home country of South Korea. He has been practicing martial arts for over 52 years and has written over 25 books on martial arts. This 6-week program is called "MBX-12" and consists of 12 movements that combine meditation, mindfulness, deep breathing and stretching which draws from Dr. Kim's martial arts training and life experience. At these workshops you will learn: deep breathing techniques for calming the mind and boosting your energy level; gentle stretching exercises to invigorate your internal energy flow, and; ways to promote daily mindfulness, cope with stressful events and create peaceful moments for yourself. This 6-week program is free and open to Foxborough adults of ages. Sign up has begun and space is limited so if you'd like to take part in these workshops to reduce stress and boost your energy levels, please register in advance by calling the senior center at 508-543-1252. This program is made possible by donations to the Foxborough Council on Aging and Human Services.

Monday, September 14

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Book Club 11:00 a.m.

Scrabble 12:30 p.m.

Knitting 1:00 p.m.

Shaw's 1:00 p.m.

Tuesday, September 15

Stretch & Balance 8:30 a.m.

Senior Center Box Gardeners 9:45 a.m.

Zumba Gold 9:45 a.m.

Nutrition 11:00 a.m.

Farmers' Market in Norwood 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, September 16

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Line Dancing with Jeanne & Faye 11:15 a.m.

TRIAD 1:00 p.m.

Job Lot 1:00 p.m.

Country Line Dancing 2:00 p.m.

Paolo DiGregorio History Lecture 5:00 p.m.

Thursday, September 17

A Matter of Balance 10:00 a.m.

SHINE by appointment 10:00 a.m.

Men's Cookout 12:30 p.m.

Low Vision Support Group 1:00 p.m.

Ice Cream trip to the Big Apple 1:30 p.m.

Friday, September 18

Stop & Shop 8:30 p.m.

Aerobic Exercises 9:00 a.m.

Cribbage 10:15 a.m.

Card Making Class 10:30 a.m.

SPECIAL PROGRAMS

MEDICARE UPDATE WITH PEG MCDONOUGH

Peg McDonough, SHINE Program Regional Director, will be at the senior center on Thursday, October 15th at 2:00 p.m. to talk about the options available to beneficiaries for 2016 Medicare coverage. Every year the landscape of Medicare plans change. The open enrollment period from mid-October through December 7th provides beneficiaries the opportunity to review and choose coverage for the upcoming year. She will have information about health and prescription plans, and she will tell you about benefit programs that can help with costs for eligible Medicare beneficiaries. Be sure to get the information that you need in time to choose the coverage that you want. Don't wait until it's too late! Call the senior center at 508-543-1252 to let us know if you'll be joining us.

MEN'S COOKOUT

The next Men's cookout will be held on Thursday, September 17th at 12:30 p.m. Our guest speaker this month will be Town Historian, Jack Authelet. In recognition of our program being held on Constitution and Citizenship Day, he will begin by sharing his experience with journalists around the world desiring to enjoy the same privileges and protections in their countries. He will also share some photos from Foxborough's past and welcomes any questions the attendees may have. The cost for the cookout is \$3 and if you would like to attend please call the senior center at 508-543-1252 by Monday, September 14th. As always, everyone is welcome to join us for the speaking portion of the program at no cost after the lunch has been served.

NEW SENIOR CENTER HOURS

The senior center is open until 6:30 p.m. every Wednesday evening and closes at 12:30 p.m. on Fridays. Check out our September 16th Wednesday schedule which includes: our Strength Training Class with Bobbie Rodman starting at 8:30 a.m.; Chorus at 10:00 a.m.; Line Dancing with Jeanne and Faye at 11:15 a.m.; Van trip to Target at 1:00 p.m.; TRIAD at 1:00 p.m.; at 2:00 p.m. kick up your heels at our Country Line Dancing Class, and; at 5:00 p.m. Paolo DiGregorio will be here for another of his history lectures.

LINE DANCING WITH JEANNE AND FAYE

Our line dancing instructors Jeanne Bonneau and Faye Sullivan are back at the senior center to lead us through some line dancing steps and to get us to kick up our heels once again. The steps are uncomplicated and very different from our Country Line Dancing classes, but both are the same in that you will always have lots of fun. Line Dancing Classes will be held from 11:15 a.m. to 12:15 p.m. on the following Wednesdays: September 16th, 23rd and 30th. Please call the senior center at 508-543-1252 to sign up.

PAOLO DIGREGORIO'S HISTORY LECTURE SERIES

From the Great Pyramid to the Freedom Tower: A Brief History of Western Architecture

The German Romantic poet and author Goethe once said that "architecture was frozen music." And much like music, buildings can shape our feelings, arouse our passions, and leave us in wonderment or awe. From the dawn of civilization, we have built great structures, and the physical legacies of the past are still with us today. This series will look at 3000 years of architecture, and history, in the Western world, and will take us from the banks of the Nile river to the heart of Russia to the shore of Lake Michigan...and of course, Italy. It should be a fun ride. The first of this three part series will be on Wednesday, September 16th from 5:00 – 6:00 p.m. The two additional lectures of this series will be on October 1st and October 29th from 1:00 – 2:00 p.m. Please call the senior center at 508-543-1252 if you are interested in attending. If you are unable to attend, you can borrow the DVD recording from the senior center or check for the broadcast of this program on Foxboro Cable Access, Comcast channel 22 and Verizon channel 38.

TRIAD

TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens

and to enhance their awareness of support service. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors and help improve the quality of life of all citizens, especially seniors. TRIAD is a senior citizen run and directed group, and currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are usually held on the third Wednesday of each month, and the next TRIAD meeting will be on Wednesday, September 16th at 1:00 p.m. Everyone is welcome to attend these informational services.

WE ALL SCREAM FOR ICE CREAM!

We'll be off to the Big Apple farm in Wrentham for some ice cream on Thursday, September 17th at 1:30 p.m. Van space is limited, so be sure to call early if you'd like to sign up and join us. Van transportation is reserved for Foxboro residents only.

SENIOR SUPPER CLUB

Are you tired of eating supper alone? You are invited to join our Senior Supper Club on one Wednesday each month. Come on over to the senior center for a nice evening meal and join your friends from the Foxborough Council on Aging and HESSCO Elder Services. On Wednesday, September 23rd, we'll be enjoying our menu of a ham and cheese croissant, minestrone soup, cake and lemonade. The event starts at 4:30 p.m. with supper to be served by 5:00 p.m. A voluntary donation of \$3.00 per person can be given on that evening. Space is limited, so please let us know to save a place for you. Call us at 508-543-1252 by Monday, September 23rd to make your reservation and to arrange for transportation, if needed.

COFFEE AND CONVERSATION WITH OUR TOWN MANAGER

Come join us at the senior center for some "Coffee and Conversation" with our Town Manager Bill Keegan on Wednesday, September 30th from 12:30 p.m. to 1:30 p.m. Take advantage of this face-to-face opportunity to ask Bill questions, and to discuss issues that may be concerning you about our town. Find out about any new projects going on in town and get a greater understanding of some of the issues facing Foxborough. Please call us at 508-543-1252 to let us know if you'll be coming.

SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY

Watch "Your Scene Your Center" on Foxboro Cable Access, Comcast channel 22 and Verizon channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m. On September 16th and 17th the featured program will be "Fraud Prevention." All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

COUNTRY LINE DANCING

Get ready to kick up your heels and join us for Country Line Dancing classes at the senior center. Line dancing is a choreographed dance with a repeated sequence of dance steps, add some country music, and then the fun begins. This program is sponsored by the Friends of Foxborough Seniors. The classes will be held every Wednesday afternoon at 2:00 p.m. Learn the basic steps, and then put what you've learned into action! Our line dancing instructor is Susan Brown. Join us for some good exercise and a great time! Please call the senior center at 508-543-1252 to sign up to reserve your spot.

TRIP INFORMATION

QUABBIN FOLIAGE TOUR

Join us on Thursday, October 8th as we spend the day traveling along the scenic roads of Central Massachusetts and head to the Quabbin Reservoir area and West Brookfield's Salem Cross Inn. We will be leaving Foxborough via motorcoach at 9:00 a.m. from the rear parking lot of St. Mary's church. Our first stop will be the Salem Cross Inn to enjoy a delicious full course luncheon featuring the soup du jour, a fresh garden salad, an entrée choice of Salem Cross' famous flaky chicken pot pie or maple salmon, and a scrumptious dessert.

After lunch, we will be joined by a native tour guide who will take us throughout the Quabbin Reservoir and who will explain how local villages and towns were flooded so that the reservoir, containing billions of gallons of water, could be constructed. We will then visit Brookfield Orchards, one of New England's largest apple growers. While there, we will have a chance to stroll through the shop and you may be tempted to sample a crisp, juicy apple, some cheese or even some delicious fudge. We should arrive back in Foxborough by 5:30 p.m. The cost for this day trip is \$72 per person, including all gratuities, and the payment will be due by Friday, September 18th. The sign up for this trip has begun, so if you're interested in joining us, please call the senior center to sign up at 508-543-1252.

MEDICAL INFORMATION AND SERVICES

CHOLESTEROL CLINIC

We will be holding a Cholesterol/Health Promotion Clinic on Tuesday, September 29th from 9:00 a.m. to 11:00 a.m. Our Public Health Nurse will provide screenings for total cholesterol, diabetes and blood pressure. There is no need to fast before the cholesterol test. Please call the senior center at 508-543-1252 to schedule an appointment.

MEDICARE OPEN ENROLLMENT

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2016: **it is important to review, understand and save this information.** During Medicare Open Enrollment, from October 15th to December 7th, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL COUNSELING ON ALL Medicare and related health insurance programs. To make an appointment, please call the senior center at 508-543-1252.

S.H.I.N.E

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE program provides free and confidential health insurance information counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. The next appointments are being scheduled for September 17th and October 5th. In addition to the SHINE program, Social Worker Pam McGuire and Human Services Coordinator Cathy Varnum are available at the senior center to help answer any questions you may have regarding Medicare and your health insurance options. If you would like to meet with Pam or Cathy, call the senior center at 508-543-1252 to set up an appointment.

PODIATRIST

Dr. Willinsky, Board certified by the American Board of Podiatric Orthopedics, is available at the senior center on the first Monday of every other month at 12:00 noon. Dr. Willinsky's next visit to the senior center has been scheduled for Monday, October 5th. Clients are seen on a first come first serve basis. The cost to see Dr. Willinsky is \$20 per person and checks can be made out directly to Dr. Jeffrey Willinsky. The Van-Go is available for anyone needing transportation to the senior center, so please call 508-543-1252 to set up an appointment for a ride.

REGULARLY SCHEDULED

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. We also schedule other shopping trips on Wednesday afternoons at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1252 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:

September 16 – Job Lot
September 23 – Walmart

LOW VISION SUPPORT GROUP

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on September 17th. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1252.

LUNCHEON OUTING

On one Wednesday each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be to The Dynasty restaurant in Plainville for Chinese food on Wednesday, September 30th at 1:00 p.m. Seating is limited, so if you'd like to join us, please call the senior center at 508-543-1252 to sign up by Monday, September 28th. Van transportation is available.

MOVIE DAY

The Movie Day for the month of September is scheduled for Tuesday, September 22nd at 12:30 p.m. and our featured film will be "Woman in Gold." Six decades after World War II, an elderly Jewish woman (Helen Mirren) returns to Vienna in order to reclaim family belongings that were once seized by the Nazis in this poignant drama based on a true story. Chief among those items is the Gustav Klimt painting "The Lady in Gold." With the help of her ambitious young lawyer (Ryan Reynolds), the woman takes her fight all the way from Austria to the U. S. Supreme Court. Come join us at the senior center to watch the movie and we'll supply the hot, fresh popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection and take in a good movie with friends. Please call us at 508-543-1252 if to sign up.

JAY BARROWS' OFFICE HOURS

State Representative Jay Barrows holds office hours at the senior center on the 4th Monday of every month at 9:00 a.m. His next visit will be on September 28th. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

MANICURES

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, September 29th beginning at 9:00 a.m. for 20 minute appointments. Sheri uses OPI products. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great.

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754.

Please note that after many years without an increase in price, the suggested donation is now \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, September 14

Chicken Stew with Vegetables

Boiled Potatoes

Oatmeal Roll

Pineapple Chunks

Calories 390

Sodium 309

Tuesday, September 15

Beef Chili

White Fluffy Rice

Snowflake Roll

Fresh Orange

Calories 295

Sodium 306

Wednesday, September 16

Honey Mustard Grilled Chicken

Delmonico Potato

Tahitian Blend Vegetables

Whole Wheat Bread

Pears

Calories 261

Sodium 498

Thursday, September 17

Swedish Meatballs

Whipped Potato

Broccoli/Cauliflower

Multigrain Roll

Blonde Brownie

Calories 263

Sodium 336

Friday, September 18

Salmon with Dill Sauce

Rice Pilaf

Fall Blend Vegetables

Whole Wheat Bread

Mixed Fruit

Calories 287

Sodium 327